

7/21/17 – COLORADO FEDERAL EXECUTIVE BOARD (CFEB)
ALL EMPLOYEE ANNOUNCEMENTS – PLEASE DISTRIBUTE
<http://www.colorado.feb.gov/>

CFEB QUARTERLY MEETING

July 27, 2017 | 7:30 - 11:00 am | Registration Deadline 7/24/17
CFEB Training Room | DFC Bldg. 25, Room 1442 | Lakewood CO | Cost: \$28
Online Registration Required: <https://colorado.feb.gov/register/?ee=368>

TRAINING | ***Shrink Fear and Expand Confidence*** - Come discover how to shrink fear and stress, and also to expand calm and confidence using simple tools. The benefits you and your team gain include better decision-making, mental clarity and productivity; feeling happier and creating a more positive team environment. Everyone benefits!

SCHEDULE

7:30 am: Breakfast & Networking
8:00 am: Business Meeting
8:50 am: Training
11:00 am: Adjourn

TRAINER | Kate Heartsong | <http://www.joyfulradiance.com/>

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VETERANS FREE MONTHLY NON-NARCOTIC CARE CLINICS

Held monthly | 9:00 am - 1:00 pm | Various Locations
Denver Clinic | 2d Saturday of the Month | VFW Post 1, 841 Santa Fe Dr. Denver, CO
Longmont Clinic | 3d Saturday of the Month | Nat'l Guard Armory, 1512 N. Main St, Longmont, CO
CO Springs Clinic | 4th Saturday of the Month | American Legion Post 209, 3613 Jeannine Dr, CO Springs

Clinics designed to help those that have served our country. Please bring proof of military service, i.e. DD214 or military ID. Open to all service members and the spouse/partner/parent. Therapies provided:

- ♦ Acupuncture
- ♦ CranioSacral Therapy
- ♦ Healing Touch Therapy
- ♦ Pain
- ♦ PTSD
- ♦ Sleep Issues

www.healingwarriorsprogram.org

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COLORADO HOME FIRE CAMPAIGN - AMERICAN RED CROSS

The Red Cross is working to reduce death and injury from home fires by 25% by 2020.

Volunteers needed. For details, please visit: <http://www.redcross.org/local/colorado/home-fire-safety>

###

FEDS FEED FAMILIES 2017 FOOD DRIVE

June 1 – August 31, 2017

CONTACT | Bart Bushman | USDA FNS | 303 844 0310 off | 720 325 3811 cell |

bart.bushman@fns.usda.gov

<https://www.usda.gov/our-agency/initiatives/feds-feed-families>

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RETIREMENT PLANNING

CFEB RETIREMENT PLANNING CLASSES

<https://colorado.feb.gov/events-training/retirement-classes/>

BREAKFAST SERIES CLASSES

TSP 201 | Allocating your TSP in uncertain times | **Class is full, email Jconn@colorado.feb.gov to be placed on waiting list**

August 22, 2017 | 8:00 – 9:00 am | CFEB Training Room | Denver Federal Center | Lakewood CO | Free | Online Registration Required | <https://colorado.feb.gov/register/?ee=383>

TSP 301 | Using your TSP in retirement | **Class is full, email Jconn@colorado.feb.gov to be placed on waiting list**

August 31, 2017 | 8:00 – 9:00 am | CFEB Training Room | Denver Federal Center | Lakewood CO | Free | Online Registration Required | <https://colorado.feb.gov/register/?ee=384>

Maximizing your Federal Benefits

October 12, 2017 | 8:00 – 9:00 am | CFEB Training Room | Denver Federal Center | Lakewood CO | Free | Online Registration Required | <https://colorado.feb.gov/register/?ee=385>

Survive & Thrive in Retirement

October 18, 2017 | 8:00 – 9:00 am | CFEB Training Room | Denver Federal Center | Lakewood CO | Free | Online Registration Required | <https://colorado.feb.gov/register/?ee=386>

###

8th ANNUAL DFC FARMERS MARKET

June 15 - September 7, 2017

Thursdays, 11 am - 1 pm

Bicentennial Park (4th Street and Main Avenue)

www.gsa.gov/dfcfarmersmarket

###

JULY

WEBINARS - DHS IS HIRING VETERANS

July 24, 2017 | 7:00 pm EST

July 27, 2017 | 10:00 am EST

Free webinars to learn more about DHS careers, current opportunities, and how to apply. This webinar will enhance your understanding of our vital mission and provide helpful tips on the federal hiring process. Career opportunities include:

To join the webinar, go to <https://dhsconnect.connectsolutions.com/ochco/>

###

MILITARY RETIREE APPRECIATION DAY

July 22, 2017 | 7:45 - 11:00 am | Buckley Air Force Base, Leadership Development Center, Bldg. 1032, Buckley AFB, CO

CONTACT SSgt Lacie Gaughan | 720 847 6428 | lacie.gaughan@us.af.mil

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DOI SAVVY LEADER PRACTICUM PROGRAM (SLP)

Classes start late August & Early September 2017 | For Federal Supervisors, Managers and Executives in Denver & DC | For more information | www.fcg.gov/events

CONTACT | Dr. Steve Frieman | 303 317 7386 | Steven_Frieman@ios.doi.gov

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FEMA Pilot Course – Updated L-548 Class

July 26-27, 2017 | 8:00 am – 4:30 pm | Online registration required:

<https://colorado.feb.gov/register/?ee=401>

There is no cost for the training; however, the employee's agency is responsible for all travel, lodging and meal costs associated with this training. **Participants must have taken the IS 547 course prior to attending this course.**

LOCATION | FEMA Region VIII National Preparedness Office | 755 Parfet Street Suite 400 | Yellowstone Training Room | Lakewood CO 80215

CONTACT Mike Brinkman | 303-235-4982 | Michael.Brinkman@fema.dhs.gov

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AUGUST AND BEYOND

RESILIENCE TRAINING FOR WORK & LIFE

August 3, 2017 | 8:30 am - 4:30 pm | DFC, CFEB Training Room, Bldg. 25, Rm 1442, Denver, CO
| Cost: \$50.00 | Online registration required: <https://colorado.feb.gov/register/?ee=402>

Times are tough for most of us. Work and life stressors can take their toll on us physically and emotionally. Our patterns of thinking and beliefs can do us more harm than good. This workshop will help you overcome, steer through, and bounce back from work and life adversity. Course highlights:

- ♦ What is resilience?
- ♦ How to keep things in perspectives
- ♦ The cornerstone of resilience: relationships
- ♦ Understanding the neurology of resilience
- ♦ Managing emotional triggers and hot buttons
- ♦ The power of reframing
- ♦ Why thinking is the key to resilience
- ♦ Much, much more

TRAINER | Hal Pitt | Hal Pitt Seminars | www.halpittseminars.com

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DENVER & INTERMOUNTAIN INTERURBAN CAR NO. 25 OPEN HOUSE

August 5, 2017 | 10:00 am - 2:00 pm | Denver Federal Center, Bldg. 78, Gate 1, Denver, CO | Free rides – weather permitting
www.Lakewood.org/HistoricTransit | 303 987 7850

Roll into the past with free trolley rides from restored 1911 Car No. 25, oral histories, historic photos and related kids activities. All adults need a government photo ID (i.e. driver's license) to enter the Federal Center. Sorry, pets are not permitted.

###

EEOC-DENVER FIELD OFFICE SEMINAR

August 14, 2017 | 7:30 am - 5:00 pm | Embassy Suites-Stapleton, 4444 North Havana Street, Denver, CO | Cost: \$349.00

Training you cannot afford to miss. Join the EEOC-Denver Field Office for the latest developments in EEO law and best practices from the experts who enforce the law. There will be a special afternoon track for federal employees. This seminar meets the requirements for 8-hour EEO Counselor Refresher and 8-hour EEO Investigator. This course has been approved for 6.75 SHRM credits. CLE and HRCI credits are pending.

CONTACT: Patricia McMahon | 303.866.1344 | patricia.mcmahon@eeoc.gov
Website: To register and view agenda please visit <http://bit.ly/EEOTraining>

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OPM RECRUITMENT POLICY STUDIO OVERVIEW

August 17, 2017 | 9:00 - 10:00 am MST | Register On-line at
<https://recruitmentstudiopageaug17.eventbrite.com>

As part of the Office of Personnel Management's efforts to educate Federal agencies, we are providing briefings for agency personnel on available resources to strengthen the partnership between hiring managers and human resources professionals.

Hiring Managers | Human Resources Professionals | Employees who serve in a recruitment/outreach capacity

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MOUNTAIN & PLAINS INTERGOVERNMENTAL AUDIT FORUM - "Strategies and Tools for Managing Risk"

August 30 - 31, 2017 | 8:00 am - 4:30 pm | Grand Hyatt | 1750 Welton St., Denver CO | Cost: \$275 | Jenny Wong | 415-904-2124 | WongJ@gao.gov
Register | <https://www.regonline.com/builder/site/Default.aspx?EventID=1963355>

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DENVER FEDERAL CENTER PASSPORT ACCEPTANCE FAIR

September 25, 2017 | 10:00 am - 2:00 pm | Denver Federal Center | CFEB Training Room, Bldg. 25, Room 1442, Entrance E-14 | Federal Employees and their Family members only | Government ID required for entrance to the Federal Center & Bldg. 25

Are you planning on traveling internationally this year? Do you have a passport? Does it have plenty of validity left, or is it nearly expired? Representatives from the Department of State will accept passport applications from federal employees and their families at the Denver Federal Center. Why hassle with getting an appointment at the Post Office when Passport Services is coming to you?

If you are interested in applying, please bring original citizenship evidence (birth certificate, previous passport, naturalization certificate, etc.), government issued identification (driver license, state-issued ID, passport, etc.), at least one passport photo and a credit card or check for payment. We will have plenty of applications on hand for you to fill out, or you can bring a completed application, whichever you prefer.

Additional information regarding fees and application requirements is available at www.travel.state.gov

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DENVER COMMUNITY EMERGENCY RESPONSE TRAINING PROGRAMS

Register | <http://www.denvergov.org/oem> | DenverCERT@denvergov.org | 303 725 3084

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TRAINING @ DOI UNIVERSITY

DOI University (DOIU) offers competency-based training courses and programs designed to increase the skills of all federal employees.

<https://doiu.doi.gov/catalog.html?type=sp&id=lakewood> |
<https://doiu.doi.gov/catalog.html?type=c>

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TOASTMASTERS CLUBS

Denver Federal Center Dam Good Speakers Club

Tuesdays | 11:30 am - 12:30 pm | DFC Building 67 | Denver CO

CONTACT | vpm-302857@toastmastersclubs.org | <http://damgoodspeakers.toastmastersclubs.org>

Interior Business Center ASC Speakeasy Club

Wednesday's | 11:30 am - 12:30 pm | Meet at Building 7301 Security Desk

Contact Craig Brown | 720 432 0885 | ascspeakeasy@gmail.com | <http://ascspeakeasy.toastmastersclubs.org/>

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VAN & CARPOOL

Vanpools needing riders are listed on the CFEB web site
<https://colorado.feb.gov/resources/van-pools/>

If you would like the CFEB to add your van or carpool to the web site, email the information to jconn@colorado.feb.gov

###

HEALTH DOES MATTER

Under Water Hockey

Among the stories shown on ONRR's current web site is one titled "Summer Activity Highlight: Underwater Hockey." Underwater hockey is played with a weighted puck on the bottom of the pool and short foot-long sticks. The best way to describe it is to watch the following the video/audio report on one of our practice sessions. The Denver Channel 7 TV Station broadcasted this video/audio report during June 2017, and it can be found at:

<http://www.thedenverchannel.com/sports/discover-what-it-takes-to-be-an-underwater-hockey-player-in-colorado>

Healing Horses for the Armed Forces

CONTACT | Suzy MacKenzie | 303 596 2784 | eaglesnestranch501@gmail.com

Active duty and Veteran service members, as well as their family members are invited to come to the Eagles Nest Ranch and spend time with a horse free of charge.

Yoga @ DENVER FEDERAL CENTER - WELLNESS CENTER

Denver Federal Center | Bldg. 75 | Kiel Hovland | 303 236 6911 | kiel.hovland@gsa.gov

Tuesday's | 5:00 – 6:00 pm | Yoga for beginners and intermediates

Thursday's | 5:00 – 6:00 pm | Yoga for beginners and intermediates

Sue Doty | Pre-register @ 720-252-7935 | dotys1@yahoo.com

Drop in Cost is \$10 –or- 4-Punch Pass - \$30 (Classes open to all: Feds & Non-Feds; Members & Non-Members)

FEHB VIRTUAL SERVICE

1st Wednesday of every FEHB pay period | 9:00 - 10:00 am

Hosted by Kaiser Permanente | 1 800 632 9700 | kp.org/feds

CONFERENCE LINE | 1 855 851 8843 | Code 570 038 434 #
ONLINE | www.kpfedtalk.org | Code kpfedtalk1 | Follow prompts for audio

Connect with FEDSTRIVE Region 8

Facebook - <https://www.facebook.com/FedStriveR8>
www.FOH.hhs.gov

BONFILS DFC BLOOD DRIVE

2nd Thursday of each month | 8:00 am - 1:30 pm
Denver Federal Center | Bldg. 67 | Hungry Horse Room
SCHEDULE AN APPOINTMENT | www.bonfils.org (site code is 2015) | 303 363 2300
Betty Palcsak | 303 236-6905 | bpalcsak@usgs.gov

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JOB ANNOUNCEMENTS

<https://www.usajobs.gov/>
Helpful hiring tips from USAjobs.gov - https://help.usajobs.gov/index.php/Main_Page
Links to information on building your resume, etc. - <http://www.fs.usda.gov/main/r3/jobs/outreach>

National Older Worker Career Center (NOWCC) AGE 55+ | Denver, CO

Underground Storage Tank Program Professional Support
https://www.nowcc.org/states-with-open-positions/position-details/?position_id=3818

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CFEB EMAIL ANNOUNCEMENTS

To submit information to be included in the announcements, please email it by Wednesday of each week to jconn@colorado.feb.gov in the following format.

Title

Date | Time

Location | 3333 W 32 Ave | Denver CO (no punctuation)

Cost (if applicable)

Brief Description (very short marketing blurb | a couple of bullet points or sentences)

CONTACT Name | 303 333 5555 | email

Website

Recent CFEB announcements are posted on the CFEB web site
<https://www.colorado.feb.gov/index.php?content=10&page=Announcements>

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Have a safe and wonderful weekend

CFEB Staff

Fred Eidson | Executive Director | feidson@colorado.feb.gov

Jeff Conn | Deputy Director | jconn@colorado.feb.gov

Colorado Federal Executive Board (CFEB) | 303 202 4588 | <http://colorado.feb.gov/index.php>

Working for the greater good by creating partnerships for intergovernmental communication & collaboration!

Please email jconn@colorado.feb.gov to subscribe or unsubscribe from CFEB email